



Make  
Mothers  
Matter

## Slovak Mothers Face Mental Overload Despite High Satisfaction with Maternity Leave duration, Reveals European Survey

**Bratislava, 23 July 2025** — A new [Europe-wide survey](#) by international NGO *Make Mothers Matter* (MMM), in partnership with Kantar, reveals a silent crisis in maternal mental health. With responses from over 9,600 mothers across 12 European countries, it provides the most comprehensive snapshot to date of motherhood's realities — a wake-up call for policymakers, health professionals, business leaders, and society.

### Challenges for Mothers in Slovakia

- **61%** of Slovak mothers report **mental overload**
- **25%** experience **anxiety**, **18%** peripartum depression, and **18%** depression
- **36%** of fathers do **not** take paternity leave, despite being entitled to it — vs. **25%** EU average
- Nearly **70%** of household tasks are carried out **exclusively by mothers**

While mothers remain the primary caregivers, only **41%** feel recognized by society — highlighting a gap between perceived recognition and lived challenges like **professional invisibility** and **lack of structural and emotional support**.

Eva Valovska from *Trust Women Slovakia* comments: *“The survey confirms what many know: motherhood in Slovakia is psychologically demanding and under-supported. There is a cultural tension between idealized perceptions of motherhood and a lack of real support.”*

### Policy Recommendations

In line with Make Mothers Matter's recommendations at European level, and echoing them nationally, Trust Women Slovakia calls on policymakers to:

- Create **legal incentives** for companies to offer flexible hours, phased return-to-work plans, and part-time career paths with equal growth opportunities — aligned with MMM's call to **guarantee the right to request flexible work** as a real and enforceable right for caregivers
- Promote **shared parental leave** and normalize **paternal involvement** — Make Mothers Matter even calls for mandatory, non-transferable 4 weeks paternity leave across member states as well as harmonized standards for maternity and parental leave duration across all member states
- Ensure **affordable, high-quality childcare** is available from an early age
- Implement **standardized mental health screening and support** for mothers, including:
  - Postnatal screenings in pediatric clinics
  - Training for healthcare professionals
  - Funding for accessible psychological support as part of maternal health care
  - Supporting mothers' psychological strength to return to work or stay at home as an empowered choice

“When mothers fall through the cracks of our system — when their care work goes unsupported, unrecognized, and unshared — the cost is collective,” says **Afaf Abounouadar**, MMM Executive Director.

The **full report will be presented at the European Parliament on 22 September**, calling for a revaluation of motherhood, investment in maternal mental health, shared responsibility in unpaid care, and workplace adaptation to caregiving responsibilities.


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#### **About Make Mothers Matter**

Make Mothers Matter is an international NGO founded in 1947 to promote the recognition and support of the essential role of mothers in society. MMM holds general consultative status with the United Nations and works across Europe and globally to influence policy for mothers and families.